

6 STEPS FOR A GOOD CONFESSION

- Examine your conscience - what sins have you committed since your last good confession.
- Be sincerely sorry for your sins.
- Confess your sins to the priest.
- Make certain that you confess all your mortal sins and the number of them.
- After your confession, do the penance the priest gives to you.
- Pray daily for the strength to avoid the occasion of sin, especially for those sins you were just absolved from.

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love
above all things.
I firmly intend, with your help, to do penance, to
sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His name, my God, have mercy.
Amen.

Sacrament of Reconciliation celebrated
each Saturday at St. Joseph in Long
Beach from 4:00 to 4:45 p.m.

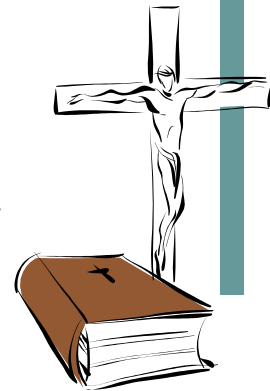
"If we confess our sins, He who is upright can be depended upon to forgive sins, and to cleanse us from every wrong." (1 Jn 1:9)

Celebration of the Sacrament of Reconciliation

A GUIDE TO CONFESSION

How to go to Confession

1. You always have the option to go to confession anonymously, that is, behind a screen or face to face, if you so desire.
2. After the priest greets you in the name of Christ, make the sign of the cross. He may choose to recite a reading from Scripture, after which you say: "Bless me Father for I have sinned. It has been (state how long) since my last confession. These are my sins."
3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.
4. Listen to the advice the priest gives you and accept the penance from him. Then make an Act of Contrition for your sins.
5. The priest will then dismiss you with the words of praise: "Give thanks to the Lord for He is good. You respond: "For His mercy endures forever." The priest will then conclude with: "The Lord has freed you from your sins. Go in peace." And you respond by saying: "Thanks be to God."
6. Spend some time with Our Lord thanking and praising Him for the gift of His mercy. Try to perform your penance as soon as possible.



Examination Of Conscience

Prior to confession, as well as each day in our life, we should compare our lives with the ten commandments. Only through sincere examination can we identify our faults and know what we must confess and where we must strive to live more as Christ would have us live. Consider the following:

[1] I am the Lord your God. You shall not have strange gods before me.

- ✚ Do I give time every day to God in prayer?
- ✚ Do I put my trust in superstitions, good luck charms, rather than God alone?
- ✚ Have I rejected any Church teaching or denied that I was a Catholic?

[2] You shall not take the name of the Lord your God in vain.

- ✚ Have I used the words "God" or "Jesus" in anger or irreverently?
- ✚ Have I used foul or ugly language?
- ✚ Have I wished evil on another?

[3] Remember to keep holy the Lord's Day.

- ✚ Have I missed Mass on Sunday or any holy day of obligation?
- ✚ Do I arrive at church late or leave early?
- ✚ Do I try to be reverent and pay attention during Mass?
- ✚ Do I make Sunday a day of prayer or rest?

[4] Honor your Father and your Mother.

- ✚ Do I respect and obey my parents?
- ✚ Have I dishonored or mistreated them by word or deed?
- ✚ Am I willing to help around the house or must I be nagged a hundred times?
- ✚ Do I try to get along with my brothers and sisters?
- ✚ Am I a tattletale or bully?
- ✚ Do I give a good example, especially to younger siblings?
- ✚ Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

[5] You shall not kill.

- ✚ Do I beat up others or hurt their bodies?
- ✚ Do I say cruel things, or make fun of others to hurt their feelings?
- ✚ Do I say mean things about others behind their backs?
- ✚ Have I stopped speaking to anyone? Do I encourage others to do bad things?
- ✚ Do I try to love all people, born and unborn?

[6] You shall not commit adultery.

- ✚ Do I treat my body and other people's bodies with purity and respect?
- ✚ Do I look at television shows, movies, or pictures that are bad?
- ✚ Am I modest in my speech and the clothes I wear?

[7] You shall not steal.

- ✚ Have I taken things that were not mine from a store or another person?
- ✚ Have I destroyed or misused another person's property for fun?
- ✚ Do I return things that I borrow? In good condition?

[8] You shall not bear false witness against your neighbor.

- ✚ Am I honest in my school work?
- ✚ Do I tell lies to make myself look good?
- ✚ Do I tell lies to protect myself from punishment?
- ✚ Do I tell lies that make another person look bad or get them in trouble?

[9] You shall not desire your neighbor's wife.

- ✚ Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- ✚ Do I get mad when I have to share my friends?
- ✚ Are there kids I will not play with or be mean to because they look different?

[10] You shall not desire your neighbor's goods.

- ✚ Am I jealous or envious of the things or abilities that others have?
- ✚ Am I thankful to God and my parents for what they have given me?
- ✚ Do I share the things I have with my family, friends and poor people?